

# 等候神

**Waiting on God**



詩篇 Psalms 25:1-22

1 耶和華啊，我的心仰望你。

2 我的神啊，我素來倚靠你，求你不要叫我羞愧，不要叫我的仇敵向我誇勝。

3 凡等候你的必不羞愧，唯有那無故行奸詐的必羞愧。

**1 To You, Lord, I lift up my soul.**

**2 My God, in You I trust,  
Do not let me be ashamed;  
Do not let my enemies rejoice over me.**

**3 Indeed, none of those who wait for You will be ashamed;  
Those who deal treacherously without cause will be ashamed.**

4 耶和華啊，求你將你的道指示我，將你的路教訓我。

5 求你以你的真理引導我，教訓我，因為你是救我的神，我終日等候你。

**4 Make me know Your ways, Lord; teach me Your paths.**

**5 Lead me in Your truth and teach me, for You are the God of my salvation; For You I wait all the day.**

6 耶和華啊，求你記念  
你的憐憫和慈愛，因為  
這是亙古以來所常有的。

7 求你不要記念我幼年  
的罪愆和我的過犯，耶  
和華啊，求你因你的恩  
惠，按你的慈愛記念我。

**6 Remember, Lord, Your  
compassion and Your  
faithfulness,  
For they have been from of  
old.**

**7 Do not remember the sins  
of my youth or my  
wrongdoings;  
Remember me according to  
Your faithfulness,  
For Your goodness' sake,  
Lord.**

8 耶和華是良善正直的，  
所以他必指示罪人走正  
路。

9 他必按公平引領謙卑  
人，將他的道教訓他們。

10 凡遵守他的約和他  
法度的人，耶和華都以  
慈愛、誠實待他。

**8 The Lord is good and upright;  
Therefore He instructs sinners  
in the way.**

**9 He leads the humble in  
justice,  
And He teaches the humble  
His way.**

**10 All the paths of the Lord are  
faithfulness and truth  
To those who comply with His  
covenant and His testimonies.**

11 耶和華啊，求你因  
你的名赦免我的罪，因  
為我的罪重大。

12 誰敬畏耶和華，耶  
和華必指示他當選擇的  
道路。

13 他必安然居住，他  
的後裔必承受地土。

11 For the sake of Your  
name, Lord,  
Forgive my wrongdoing, for  
it is great.

12 Who is the person who  
fears the Lord?

He will instruct him in the  
way he should choose.

13 His soul will dwell in  
prosperity,

And his descendants will  
inherit the land.

14 耶和華與敬畏他的人親密，他必將自己的約指示他們。

15 我的眼目時常仰望耶和華，因為他必將我的腳從網裡拉出來。

**14 The secret of the Lord is for those who fear Him,  
And He will make them know His covenant.**

**15 My eyes are continually toward the Lord,  
For He will rescue my feet from the net.**

16 求你轉向我，憐恤  
我，因為我是孤獨困苦。

17 我心裡的愁苦甚多，  
求你救我脫離我的禍患。

18 求你看顧我的困苦  
我的艱難，赦免我一切  
的罪。

16 Turn to me and be  
gracious to me,  
For I am lonely and afflicted.

17 The troubles of my heart  
are enlarged;  
Bring me out of my  
distresses.

18 Look at my misery and my  
trouble,  
And forgive all my sins.

19 求你察看我的仇敵，  
因為他們人多，並且痛  
痛地恨我。

20 求你保護我的性命，  
搭救我，使我不致羞愧，  
因為我投靠你。

**19 Look at my enemies, for  
they are many,  
And they hate me with  
violent hatred.**

**20 Guard my soul and save  
me;  
Do not let me be ashamed,  
for I take refuge in You.**

21 願純全正直保守我，  
因為我等候你。

22 神啊，求你救贖以  
色列脫離他一切的愁苦！

**21 Let integrity and  
uprightness protect me,  
For I wait for You.**

**22 Redeem Israel, God,  
From all his distress.**

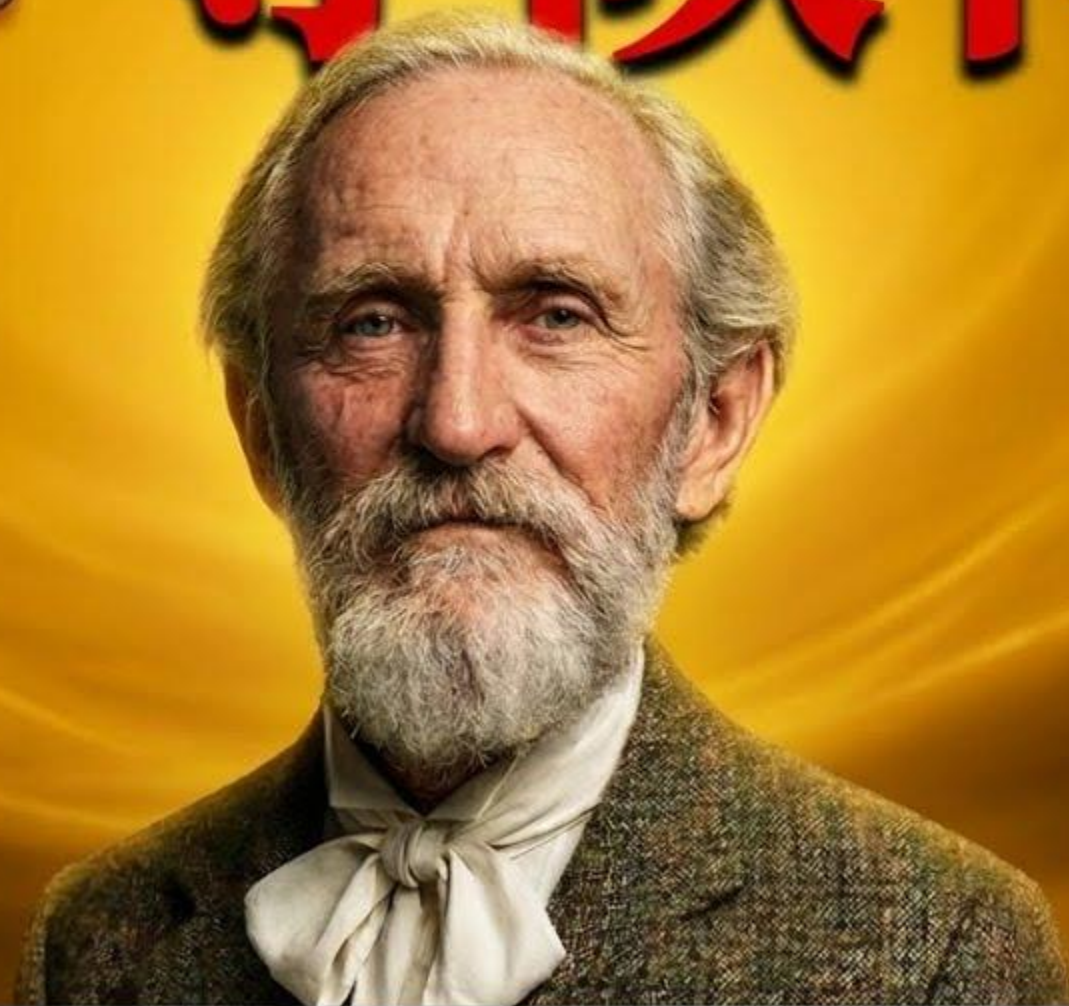
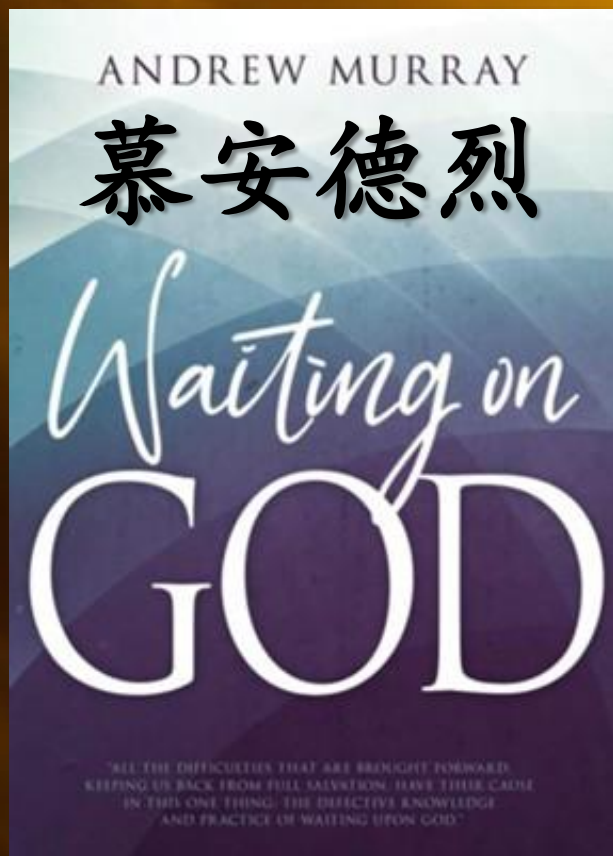
# 等候神

**Waiting on God**



詩篇 Psalms 25:1-22

# 学会等候神！



# 等候 意味著

安心地完成我們被賦予的任務，  
並堅信上帝會賦予意義和結論。

—— 尤金·畢德生



Waiting means going about our  
assigned tasks, confident that God  
will provide the meaning and the  
conclusions.

— Eugene H. Peterson —

3 凡等候你的必不羞愧…

5 …因為你是救我的神，我終日等候你。

21 願純全正直保守我，因為我等候你。

3 No one who hopes in you will ever be put to shame...

5 ... for you are God my Savior, and my hope is in you all day long.

21 May integrity and uprightness protect me, because my hope, Lord, is in you.

# 等候神

## Waiting on God



詩篇 Psalms 25

1 耶和華啊，我的心仰望你。

15 …我的眼目時常仰望耶和華…

2 我的神啊，我素來倚靠你

20 …因為我投靠你。

1 In you, Lord my God, I put my trust.

15 My eyes are ever on the Lord...

2 I trust in you...

20 ... for I take refuge in You.

# 仰望

## Look to God

# 倚靠/投靠

## Trust in God



詩篇 Psalms 25

4 耶和華啊，**求你**將你的道指示我，將你的路教訓我。

5 **求你**以你的真理引導我，教訓我…

11 …**求你**因你的名赦免我的罪…

16 **求你**轉向我…

4 Show me your ways, Lord, teach me your paths.

5 Guide me in your truth and teach me...

11 ...forgive my iniquity...

16 Turn to me ...

# 求你

## Pray to God



詩篇 Psalms 25

詩篇 Psalms 25

禱告

Prayer

悔改

Repentance

壓力

STRESS

艱難

LIFE HARDSHIP

25:  
1-3

安靜我心 Be still, my heart

等候神

Waiting on God

- 等候什麼？ **Waiting for what?**
- 等候誰？ **Waiting for whom?**



1 **耶和華**啊，我的心仰望你。

2 **我的神**啊，我素來倚靠你，求你不要叫我羞愧，不要叫我的仇敵向我誇勝。

3 凡**等候你**的必不羞愧，唯有那無故行奸詐的必羞愧。

詩篇 Psalms 25:1-3

1 **In you, Lord my God**, I put my trust.

2 I trust **in you**; do not let me be put to shame, nor let my enemies triumph over me.

3 No one who **hopes in you** will ever be put to shame, but shame will come on those who are treacherous without cause.

25:  
1-3

安靜我心 Be still, my heart

25:  
4-5

停下腳步 Pause/Take a break

- 為什麼要等候神？  
**Why waiting on God?**

# 等候神

## Waiting on God



4 耶和華啊，求你將你的道指示我，將你的路教訓我。

5 求你以你的真理引導我，教訓我，因為你是救我的神，我終日等候你。

4 Show me your ways,  
Lord, teach me your  
paths.

5 Guide me in your truth  
and teach me, for you are  
God my Savior, and my  
hope is in you all day  
long.

25:  
1-3

安靜我心 Be still, my heart

25:  
4-5

停下腳步 Pause/Take a break

25:  
6-10

重新定位 Reorient

- 你確信你會等到神嗎？  
Are you sure you will receive a response from God?

# 等候神

## Waiting on God



6 耶和華啊，**求你記念**

**你**的憐憫和慈愛，因為  
這是**亙古以來所常有的**。

詩篇 Psalms 25:6

**6 Remember, Lord, your  
great mercy and love, for  
they are from of old.**

8 耶和華是良善正直的，所以他必指示罪人走正路。

9 他必按公平引領謙卑人，將他的道教訓他們。

10 凡遵守他的約和他法度的人，耶和華都以慈愛、誠實待他。

8 Good and upright is the Lord; therefore he instructs sinners in his ways.

9 He guides the humble in what is right and teaches them his way.

10 All the ways of the Lord are loving and faithful toward those who keep the demands of his covenant.

7 求你不要記念我幼年  
的罪愆和我的過犯，耶  
和華啊，求你因你的恩  
惠，按你的慈愛記念我。

11 耶和華啊，求你因  
你的名赦免我的罪，因  
為我的罪重大。

7 Do not remember the sins  
of my youth and my  
rebellious ways; according  
to your love remember me,  
for you, Lord, are good.

11 For the sake of your  
name, Lord, forgive my  
iniquity, though it is great.

25:  
1-3 安靜我心 Be still, my heart

25:  
4-5 停下腳步 Pause/Take a break

25:  
6-10 重新定位 Reorient

25:  
11-18 選擇道路 Choosing the path

● 雙向等候  
Two-way waiting

# 等候神

## Waiting on God



11 耶和華啊，求你因你的名赦免我的罪，因為我的罪重大。

12 誰敬畏耶和華，耶和華必指示他當選擇的道路。

13 他必安然居住，他的後裔必承受地土。

11 For the sake of your name, Lord, forgive my iniquity, though it is great.

12 Who, then, are those who fear the Lord? He will instruct them in the ways they should choose.

13 They will spend their days in prosperity, and their descendants will inherit the land.

14 耶和華與敬畏他的人親密，他必將自己的約指示他們。

15 我的眼目時常仰望耶和華，因為他必將我的腳從網裡拉出來。

14 The Lord confides in those who fear him; he makes his covenant known to them.

15 My eyes are ever on the Lord, for only he will release my feet from the snare.

13 「你們要進窄門。

因為引到滅亡，那門是寬的，路是大的，進去的人也多；

14 引到永生，那門是窄的，路是小的，找著的人也少。」

**13 “Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it.**

**14 But small is the gate and narrow the road that leads to life, and only a few find it.**

24 於是耶穌對門徒說：

「若有人要跟從我，就當捨己，背起他的十字架來跟從我。」

25 因為，凡要救自己生命（生命：譯靈魂；下同）的，必喪掉生命；凡為我喪掉生命的，必得著生命。

**24 Then Jesus said to his disciples, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me.**

**25 For whoever wants to save their life will lose it, but whoever loses their life for me will find it.**

## 詩篇 Psalms 25

# 字母离合诗 Acrostic Psalm

- 安靜等候神 **Waiting on God**
- 经历破碎 **Experiencing brokenness**
- 重整生命 **Spiritual renewal**
- 選擇神的道路 **Choosing God's way**



# 等候神

## Waiting on God

25:  
1-3 安靜我心 Be still, my heart

25:  
4-5 停下腳步 Pause/Take a break

25:  
6-10 重新定位 Reorient

25:  
11-18 選擇道路 Choosing the path

25:  
19-22 交託仰望 Wait upon

- 等候神的結果是什麼？  
The outcome of waiting on God?



19 求你察看我的仇敵，  
因為他們人多，並且痛  
痛地恨我。

20 求你保護我的性命，  
搭救我，使我不致羞愧，  
因為我投靠你。

19 See how numerous are  
my enemies and how fiercely  
they hate me!

20 Guard my life and rescue  
me; do not let me be put to  
shame, for I take refuge in  
you.

1 …我的心仰望你。

5 …我終日等候你。

3 凡等候你的必不羞愧，  
唯有那無故行奸詐的必  
要羞愧。

1 ... I put my trust.

5 ... my hope is in you all day  
long.

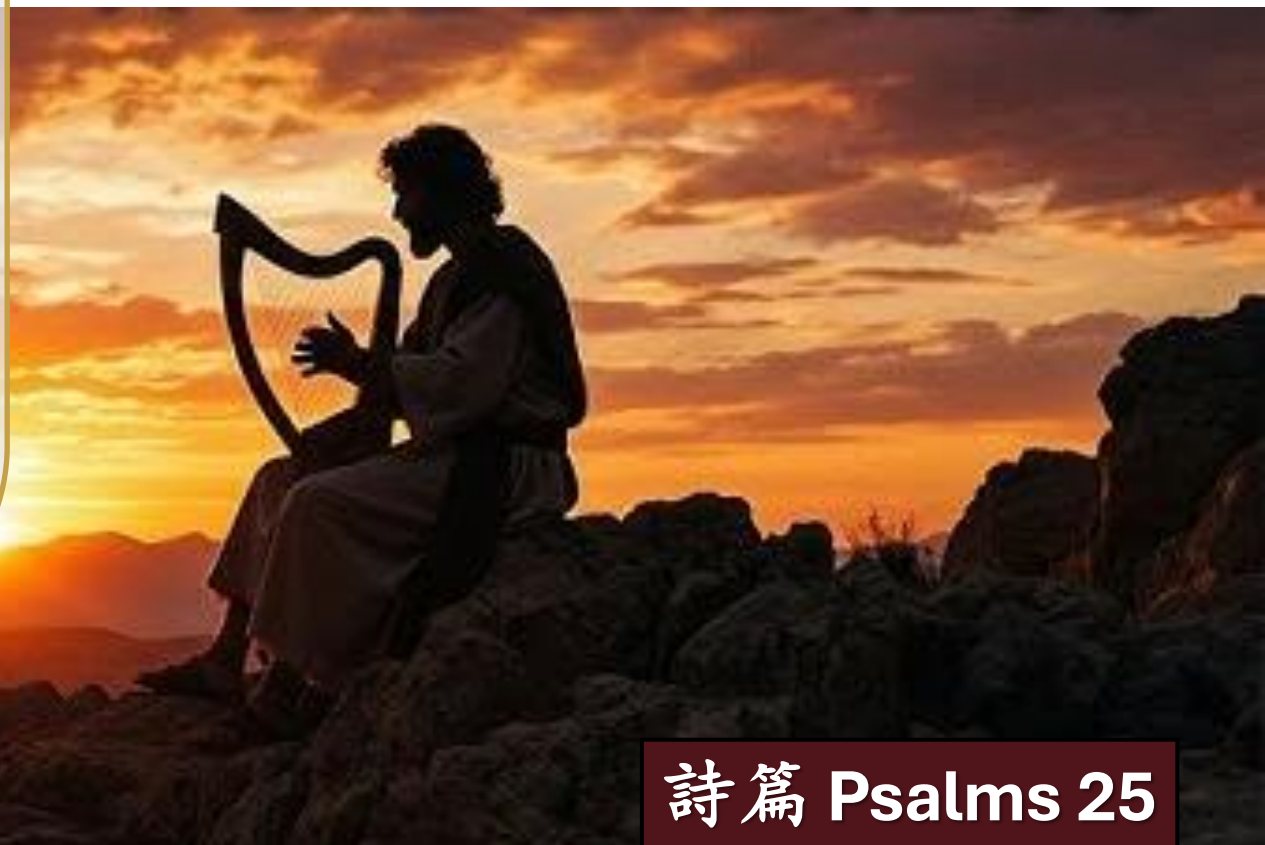
3 No one who hopes in you  
will ever be put to shame,  
but shame will come on  
those who are treacherous  
without cause.

他的人生中不是没有痛苦，而是在罪恶、困苦、迷茫与面对敌人时，仍然持续仰望等候神。

**His life was not devoid of suffering; rather, amidst sin, hardship, confusion, and enemies, he continued to wait upon God.**

**大衛：等候神的人**

**David: The one who  
Waited on God**



**詩篇 Psalms 25**

## 第二站 | 台湾 | 苗栗中华祈祷院

第2站



## 第二站 | 台湾 | 苗栗中华祈祷院

第2站



我的第一个  
祷告，神在  
两个小时之  
内就回应了！



25:  
1-3 安靜我心 Be still, my heart

25:  
4-5 停下腳步 Pause/Take a break

25:  
6-10 重新定位 Reorient

25:  
11-18 選擇道路 Choosing the path

25:  
19-22 交託仰望 Wait upon

# 等候神

## Waiting on God

